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Slight rise in rates of violent, property crimes

STATS Police say the overall crime rate held relatively steady in the Halifax area in 2009, but violent crime and property crime rose slightly.

Statistics releases yesterday say there were 11 homicides, 26 attempted murders and a slight increase in assaults and robberies last year. Property-crime figures jumped by six per cent, led by theft and break and enters.


Halifax Regional Police and RCMP chiefs say they are confident they are using the right combination of enforcement and outreach to fight crime.

THE CANADIAN PRESS

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 13



On the web

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Yarmouth MLA Richard Hurlburt answers questions about last week's auditor general's report at a press conference on Thursday. Hurlburt is listed as buying a \$2,499 40-inch LCD TV and spending \$579 on installation charges. **More coverage, page 4**

Secret spenders outed

MLA Richard Hurlburt expensed thousands on LCD TV

PAUL MCLEOD
paul.mcleod@metronews.ca

The generator was just the beginning.

It turns out Yarmouth MLA Richard Hurlburt spent \$2,499 on a 40-inch LCD television and another \$579 to have it installed.

Hurlburt was one of two politicians outed yesterday who hid that their expenses were red flagged in a report last week by auditor general Jacques Lapointe.

Last week, Hurlburt fessed up to spending

\$8,000 for a generator installed in his home. At first he refused to apologize and said it was for community use, but later backed down and repaid the full amount. He neglected to mention the TV was also his.

Yesterday, Speaker Charlie Parker, under direction from Premier Darrell Dexter, released the auditor general's list of names tied to the document.

Hurlburt was en route to Florida yesterday and could not be reached. Progressive Conservative Leader Karen Casey confirmed she knew

about the TV but said it wasn't mentioned last week because it wasn't deemed "inappropriate" like the generator. Instead, it was flagged as "excessive" and Casey said they were seeking clarification.

The list also reveals former Tory fisheries minister Ron Chisholm was mentioned twice, for expensing a \$750 GPS system and \$1,274 in Internet bills. Chisholm had not come forward despite being contacted by the Tory party.

Yesterday, Dexter had the list released after he

apologized for his own questionable spending — \$5,501 for two laptop computers and \$2,150 for a digital camera.

Hurlburt stood beside Casey Thursday as she was asked: "Your party was not responsible for any of the other excessive payments that were identified by the auditor general?"

Casey responded: "The Speaker's office contacted my office to say that there was one member of our caucus who was identified in that letter, and that one member was Mr. Hurlburt."

North Preston death ruled homicide

MONIQUE MUISE
monique.muisse@metronews.ca

CRIME The 20-year-old man found dead in a home in North Preston on Sunday was murdered, RCMP said yesterday.

Police have identified the victim as Casey Marleen Downey, but are still not saying how he died.

"After further investigation, the Major Crime Unit felt that they should be treating this as a homicide," said RCMP spokeswoman Const. Tamu Bracken. "Investigators believe this is an isolated incident."

Downey's body was discovered Sunday morning inside a modern, three-storey home on Downey Road after police responded to two separate 911 calls shortly before 6:30 a.m.

Bracken said several people were inside the residence when the officers arrived, and have since been questioned by members of the RCMP's Major Crime Unit. As of yesterday, no suspects had been identified in the case and no arrests had been made.

A Facebook memorial page has been set up for Downey, and had amassed 130 members by midday yesterday.

The killing is the latest in a string of violent incidents in North Preston since October. The last one occurred in early December, when a 19-year-old man was taken to hospital with non-life-threatening injuries after he was shot in his vehicle on Cain Street.




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\$199
Per Month
(60 Mo.)*

MONTHLY PAYMENT	DOWN PAYMENT
\$199	\$1,405
\$224	\$0

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\$16,440**

\$500 Customer Incentive**
\$500 Grad Rebate[†]

Lease From
\$299
Per Month
(48 Mo.)

MONTHLY PAYMENT	DOWN PAYMENT
\$299	\$2,560
\$355	\$0

STARTING FROM
\$24,900[#]

\$500 Customer Incentive*

[illegible]



Local



Home sales expected to rise

The Canadian Real Estate Association is predicting home sales in Nova Scotia to be up 13.8 per cent in 2010. A revised forecast released yesterday predicts sales will hit 11,400 in 2010 and then level off in 2011. The CREA anticipates a similar growth this year across the country due to lower interest rates and buyers motivated to avoid HST hikes that will come into effect in Ontario and B.C.

METRO HALIFAX

Thousands raised for Haiti

Plaskett, Trailer Park Boys help rake in \$135K for Canadian Red Cross

ALEX BOUTILIER
Metro Halifax

Haiti Crisis

An estimated 6,300 people piled into the Metro Centre last night to listen to some of Halifax's best-known artists do their part for Haiti.

The Halifax for Haiti event ended up raising \$135,000 to aid the Canadian Red Cross in their efforts to help the troubled nation rebuild in the wake of January's massive earthquake outside Port-au-Prince.

The evening featured something for everyone — straight-up rock n' roll from Matt Minglewood, a folksy banjo tune from Old Man Luedecke, hip-hop from Classified, even a classical rendition of Bohemian Rhapsody from Rhapsody Quintet.

The event also drew



Dartmouth's Joel Plaskett sings his song Love This Town with the help of dozens of performers in the Halifax for Haiti benefit concert at the Metro Centre last night. The concert raised \$135,000 for the Canadian Red Cross.

Ricky, Julian, and Bubbles, of Trailer Park Boys fame. After Bubbles clarified to Ricky that the money

raised was not actually for them, the infamous Boys sold hotdogs — hotdogs for Haiti — at \$10 a pop to

fans on stage. Bubbles later sold the barbeque, which turned out to be a rental, for \$50.

Local indie legend Joel Plaskett headlined the show. He said that while Halifax on its own may seem small, the event was contributing to a larger, inspiring picture.

"It sounds corny but it's true how a bunch of people can pull together in small ways to create something bigger," he said.

Playing with some of Nova Scotia's biggest names was also a lot of fun for the artists, according to Plaskett.

"Doing something positive in the face of something so tragic is what everybody is here to do," said Plaskett. "And if means get together and try to have a good time and to celebrate, while in the back of our minds knowing what we're doing it for, I think that's a good thing."

In a move that fit the mood of the evening, Plaskett chose to close out the night with his anthem Love this Town.

Police seeking robbery suspect

FUGITIVE Digby RCMP are seeking the public's assistance in tracking down Aldean Allston Cromwell, 21.

Cromwell failed to appear in Supreme Court on Jan. 19, where he was to face a robbery charge. As a result, the RCMP have issued a Canada-wide warrant for his arrest. Cromwell is described as black with brown hair and brown eyes. He is approximately six feet tall and weighs approximately 130 pounds.

METRO HALIFAX

Teen's murder case postponed

MONIQUE MUISE
monique.muisse@metronews.ca

COURTS The case of a 17-year-old Middle Sackville boy charged with second-degree murder has been adjourned until Friday.

The teen, whose identity is protected under the terms of the Youth Criminal Justice Act, was scheduled to appear in court yesterday morning for election and plea. According to Public Prosecution Services spokesperson Chris Hansen, a judge granted his lawyer's request that the matter be postponed.

For now, the boy will remain in the mental health unit of the IWK Health Centre, where he has been held since his arrest on Friday.

He was reportedly walking naked down the street when he was picked up by police early in the afternoon after officers discov-

ered a body inside a home on Hower Crescent.

RCMP have identified the victim as 49-year-old Joy Ann Wright of Middle Sackville. Investigators are not saying how she died, or what — if any — relationship she had with the accused.

Police spokeswoman Const. Tamu Bracken confirmed Sunday that a series of motor vehicle accidents that occurred in the area of Hower Crescent were linked to the events at the murder scene, but would not say if the 17-year-old was behind the wheel of a car before his arrest.

m.metronews.ca



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School still closed after break-in

ALARM An elementary school in Beaver Bank remained closed for the day yesterday after someone broke into the building over the weekend. Police say someone forced their way into Monarch Drive Elementary on Sunday, triggering an alarm system.

Members of the RCMP responded to the scene and found an open window, said police spokeswoman Const. Tamu Bracken.

"No damage was reported and nothing appears to have been taken," Bracken said in a release.

MONIQUE MUISE/METRO HALIFAX

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THURSDAY'S NETWORKING TEAM

Premier Darrell Dexter and Mayor Peter Kelly will be attending the 2011 Canada Games volunteer recruitment campaign at the World Trade and Convention Centre in Halifax tomorrow. The event will be co-emceed by 2011 Games chair Jean-Paul Deveau and CTV's Starr Dobson. **METRO HALIFAX**

Premier promises expenses overhaul

Dexter apologizes, repays government for personal spending questioned in audit

PAUL MCLEOD
paul.mcleod@metronews.ca

An apologetic Darrell Dexter said yesterday he will overhaul the MLA expense system to regain public trust in the legislature and his government.

The premier was vacationing in Arizona last week when auditor general Jacques Lapointe's report on misuse of public money was released.

Returning to work yesterday, Dexter announced

his plan to abolish the Internal Economy Board, the group of MLAs who meet in secret and designed the expense rules slammed by the auditor general as being "so ambiguous and so poor" that they enable misuse.

"It's easy, I think, for people to say sorry. I'm sorry. I regret these things. The real question is what action are you going to take," he said.

Dexter vowed to have legislation ready by this spring

to replace the IEB with an open commission that works in public.

MLAs can expense as much as \$48,434 every year without showing any receipts. Dexter deferred to an upcoming review of expenses when asked if MLAs should be forced to always show receipts.

Liberal Leader Stephen McNeil echoed the call for reform and said his party wants all MLA expenses to

be posted online to allow public scrutiny.

Dexter said he regrets being caught up in the report himself and said he understands why he's become "a lightning rod" on the issue.

His spending of \$5,500 on two laptops and \$2,150 for a digital camera were seen by the auditor general as excessive. Dexter said they were for his constituency office.

The premier also admitted to three incidents of expensing meals on days he was already receiving an \$84 per diem for food.

Two cases involved a business breakfast and dinner hosted by the premier where he did not deduct his \$9 and \$36 bills respectively. In the third instance Dexter said he bought a ticket for a fundraiser he did not attend.

Dexter said he accepts his expenses were outside the norm and has repaid the government for the meals, the laptops and the camera.

ShareYourViews

halifaxletters@metronews.ca

Speaker releases list of names

Speaker Charlie Parker released a list of names tied to specific MLA expenses questioned by auditor general Jacques Lapointe yesterday for the first time.

INAPPROPRIATE EXPENDITURES

- Richard Hurlburt claimed \$7,995 for the supply and installation of a generator;
- Dave Wilson claimed \$400 for furniture used in his residence;
- Leonard Preyra claimed \$373 for airfare for his son for a trip to Ottawa; and
- Len Goucher claimed \$150 for the purchase of three MP3 players on the same day.

TELEPHONE OR INTERNET SERVICES CLAIMS ABOVE MONTHLY ALLOWANCES

- Michel Samson claimed \$1,540 for service from June 2006 to July 2009; and
- Ron Chisholm claimed \$1,274 for service from February 2007 to July 2008.

CLAIMS FOR EXPENSES PAID TO A RELATIVE DISALLOWED BY THE REGULATIONS

- Wayne Gaudet claimed a total of \$1,260 for parking lot sanding from a company owned by his brother (Gaudet Mini Excavator Limited); and
- Keith Colwell claimed \$252 for pictures purchased from his brother's company (3-D Art & Crafts).

EXCESSIVE EXPENDITURES

- John MacDonell claimed \$13,445 for custom-made office furniture and \$2,600 for a printer;
- Bill Dooks claimed \$6,234 for website design and programming;
- Darrell Dexter claimed \$5,501 for a laptop computer and \$2,150 for a digital camera;
- Rodney MacDonald claimed \$3,250 for a projector screen and dress kit;
- Howard Epstein claimed \$2,969 for various books;
- Keith Colwell claimed \$2,665 for a projector and \$1,763 for a video camera;
- Richard Hurlburt claimed \$2,499 for a 40-inch LCD television and \$579 for installation charges;
- Charlie Parker claimed \$790 for a model boat office display;
- Judy Streach claimed \$738 for an espresso coffee maker;
- Ron Chisholm claimed \$750 for a GPS unit.

METRO HALIFAX

Malls decry legislation for gift cards

BAN Three major shopping centres in Nova Scotia say new provincial legislation makes it impossible for them to continue offering mall-wide gift cards.

On Feb. 1, Nova Scotia became the latest province to ban expiry dates and extra fees on all gift cards — a move the government said would ensure consumers get the full value of the certificates, no matter when they purchased them.

But in a release issued yesterday, representatives from Mic Mac Mall, Halifax Shopping Centre and Greenwood Mall said that mall-wide gift cards are issued by major banks, and those banks collect an inactivity fee of \$2.50 per month if a card is not used within 15 months of purchase.

"In order for us to have a gift card that is usable in 160 different stores, we need the support of a credit card network," explained Linda Townsend, marketing director at Halifax Shopping Centre. "Like any bank product, there are fees on it ... and it's the bank that gets those fees."

Townsend said shoppers are told up front about the "dormancy fee," and 96 per cent of the funds on mall gift cards are used before the 15-month deadline, so most consumers are never charged as a result of inactivity.

"Other provinces have seen this and have exempted mall gift cards from the legislation," she added.

MONIQUE MUISE/METRO HALIFAX

Friends, loved ones remember 'great man'

ALEX BOUTILIER
for Metro Halifax

SERVICE Friends and family, fellow RCMP officers, and colleagues from the media gathered at St. Agnes Church yesterday to remember Sgt. Mark Gallagher, who was killed in last month's earthquake in Haiti.

The service was presided over by Rev. Dr. Cynthia Chenard, RCMP H-Division chaplain. Chenard said she recalled Gallagher's "warm, welcoming way," and his "heart for helping others."

Atlantic Deputy Commissioner Steve Graham also spoke to Gallagher's desire to help others, and of a profound sense of loss felt by the force in his death.

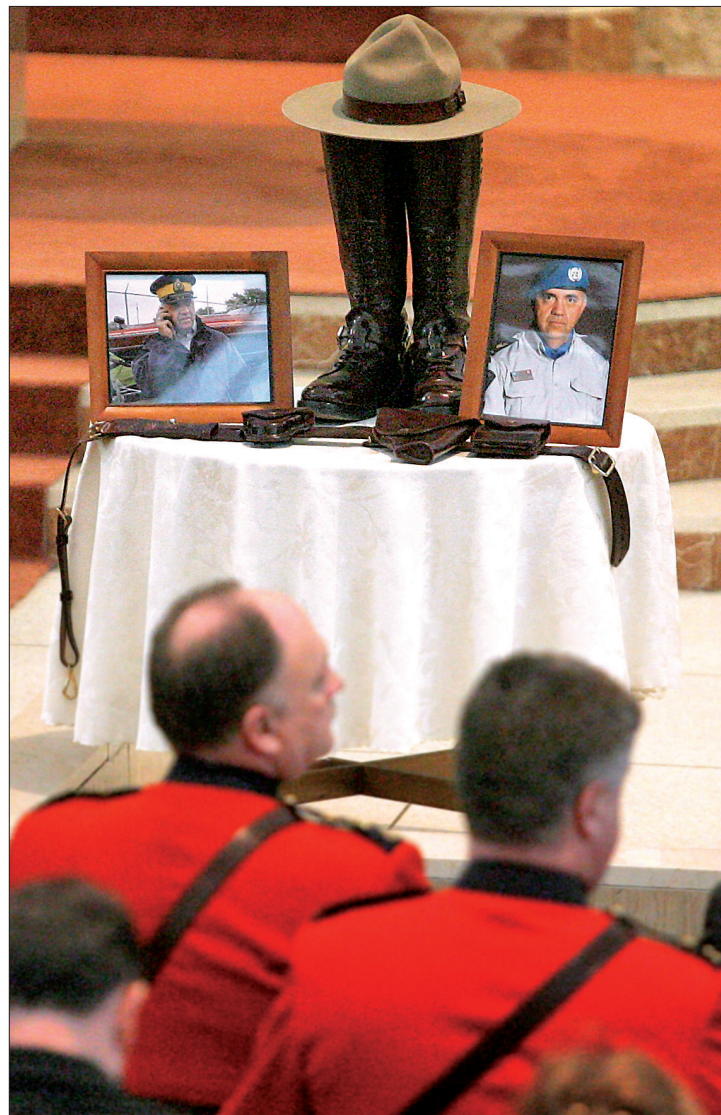
"(Gallagher was) supporting a country in desperate need of help," he said. "And (he was) the kind of individual who steps up in cases such as this."

Gallagher was serving on a UN peacekeeping mission in Haiti when the earthquake struck close to Port-au-Prince on Jan. 12. After two days of searching, Gallagher's body was found amidst the rubble and debris of his building.

Gallagher had been stationed in Haiti since July, 2009. He was scheduled to return to his home province of New Brunswick this April.

Meaghan Stewart, spokeswoman for the RCMP H-Division, worked with Gallagher for a year before his deployment to Haiti. She describes Gallagher as a down-to-earth man who was always put others first.

"He put everything in common terms, and would just make everybody feel so comfortable," she said. "You could always go to Mark ... he was just a great man, if you want to wrap it



Scores of police officers attended a memorial service at St. Agnes Church yesterday to honour Sgt. Mark Gallagher, who was killed in last month's earthquake in Haiti.

up in one word, a great man."

Stewart said that Gallagher's love of the French language and desire to help others made him a

perfect fit for the mission to Haiti.

"He cared so much about other people," she said. "I know that he must have touched many peoples' lives there, as he did in Nova Scotia."

Gallagher leaves behind his wife, Lisa, and two children, Shane and Heather.

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Truro Mall
Windsor
Fort Edward Mall
Yarmouth
Yarmouth Mall

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Trinity Conception Square
Clarenville
Random Square Mall
Corner Brook
Corner Brook Plaza
69 Broadway Rd.
Gander
Gander Mall
Grand Falls-Windsor
Exploits Valley Mall
Marystown
Peninsula Mall
St. John's/Mount Pearl
Avalon Mall
The Village Shopping Centre
336 Freshwater Rd.
55 Kelsey Dr.
35 Stavanger Dr.

NEW BRUNSWICK

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Place Bathurst Mall
Campbellton
Sugarloaf Mall
Edmundston
Place L'Assomption
Fredricton
Regent Mall
Grand Falls
Grand Falls Shopping Centre
Miramichi
Bridgeview Plaza
Moncton
Wheeler Park Power Centre
Champlain Place
Lounsbury Plaza
Saint John
McAllister Place
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A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said. **THE ASSOCIATED PRESS**

Canada/World



Col. Russell Williams is shown during the change of command at CFB Trenton last July. He was charged yesterday in the murder of two eastern Ontario women.

Colonel charged

Trenton commander faces 2 counts of murder

Personnel at Canadian Forces Base Trenton are "shocked" after their "respected" base commander of Canadian Forces Base Trenton was charged with first-degree murder in the deaths of two eastern Ontario women and in the sexual assaults of two others.

Col. Russell Williams, 46, of Tweed, Ont., about 30 minutes north of Trenton, was arrested Sunday in Ottawa, police said at a news conference yesterday.

He was charged with first-degree murder in the death of Jessica Lloyd, 27, of Belleville and Marie Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron.

"We're all shocked," said Lt. Annie Morin, a public af-

fairs officer at CFB Trenton.

Williams walked confidently into the provincial court-house in hand and leg shackles yesterday, wearing a blue prison-issue jumpsuit.

He was remanded in custody and will appear by video on Feb. 18.

A publication ban was ordered as is typical in bail hearings, and there is a publication ban on the names of the sex assault victims.

Williams was "brought to

the attention of the police as the result of information gathered during a roadside canvas on Highway 37 on the night of Feb. 4," Det.-Insp. Chris Nicholas said at the news conference.

Lloyd's body was found yesterday in Tweed and an autopsy to determine the cause of death was being scheduled at the coroner's office in Toronto.

Comeau was found dead in her home Nov. 25, 2009. The cause of death was not identified at the time.

Williams is also charged with forcible confinement, break and enter and sexual assault after two women were sexually assaulted during separate home invasions in the Tweed area in September of 2009.

THE CANADIAN PRESS



Jessica Lloyd



Marie Comeau

Energy tops for PM during Calgary visit

Energy and economic recovery topped the agenda when Prime Minister Stephen Harper met with Calgary business leaders yesterday ahead of the federal budget.

Harper projected optimism in a short statement he made for reporters before closing the doors on the meeting.

"We had some good news last week on the jobs front. We had a little bit of good news on the Buy America front. Commodity prices are obviously a lot better than they were a year ago," he said.

"That all said, we think we still have some significant challenges going forward, given the fragile state

PMO warns aides not to interfere

Access to information

• The Prime Minister's Office says political aides should not interfere with the decisions public servants make when deciding what documents to release under access to information laws.

• Spokesman Dimitri Soudas would not comment directly on a case in which a top political aide to the Public Works

of the global recovery."

Cal Nichols, chairman of the Alberta Enterprise Group, said after the meeting that leaders talked about how long stimulus funds should continue.

"It's strictly business, has

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minister overruled bureaucrats and forbid the release of a sensitive report to The Canadian Press.

to work within the budget, and I guess there will come a point when there's limited funds, but I think the programs that are in place and those that are planned will continue to go forward."

THE CANADIAN PRESS

Defeated candidate arrested on coup charges

Sri Lanka's defeated presidential candidate was hauled from his office by military police yesterday and will be court-martialled for allegedly planning to overthrow the government while serving as the head of the army.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President

'Carried away'

• Mano Ganesan, an opposition lawmaker, said Fonseka was "arrested and forcibly carried away" while having a discussion with a group of political allies.

Mahinda Rajapaksa were once strong allies who combined to end the country's 25-year civil war last May. But they subsequently fell out, and Fonseka quit his post. They contested a bitter

election last month for the presidency that Rajapaksa won. Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the government with the help of army deserters and former military officers since the election. Fonseka has called the allegations fabricated and vowed to push on with his political career. A number of serving officers, which the government said were considered to be a threat to national security, have been fired. **THE ASSOCIATED PRESS**

Tainted milk still on Chinese shelves

CHINA The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged.

China ordered tens of thousands of milk products laced with an industrial

chemical burned or buried after more than 300,000 children were sickened and at least six died from the contamination. But, crucially, the government did not carry out the eradication itself, and this month an emergency crackdown has made it clear that tons of compromised products are still on the market.

Tainted dairy has recently been found in China's

largest city, Shanghai.

At least five companies are suspected of reselling tainted products that should have been destroyed, the Health Ministry said last week. Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported. **THE ASSOCIATED PRESS**

Court increases control over tape

EDWARDS A judge wants a security officer to accompany a former John Edwards aide as he goes to retrieve a sex tape of the two-time presidential candidate, increasing the court's control of the disputed video. Superior Court Judge Abraham Penn Jones said in an order released yesterday that the Orange County sheriff has appointed a security firm to help recover the video and other items. Former Edwards loyalist Andrew Young has said he has the original tape and copies stored in an Atlanta safety deposit box. Jones declared last week that Young was in contempt for not immediately turning over the tape when deputies initially went to retrieve it from him. One copy of the tape has been sent to the FBI, Young has said in an affidavit. Young has written a tell-all book describing the affair between Edwards and Hunter. **THE ASSOCIATED PRESS**

Dubai Burj Khalifa closed



The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening. Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform — the only part of the half-mile high tower open yet.



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

America's crisis is our crisis

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Before everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a

staggering deficit and debt, no health care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable \$1.6-trillion. Unemployment will remain high. His health-care

plan is in trouble. Troops will return from Iraq, but roll into Afghanistan. The defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynchgang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. There is today the added threat of terrorism. It's been almost nine years since 9-11 and there have

been no terrorist hits on American soil. But the paranoia remains. All it would take for the country to go into lockdown would be one small terrorist strike.

In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so goes the great white north. We have done nowhere

near enough to develop alternative markets. With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

What's best for Haiti's kids hard to determine

InStep

Christine Williams

Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds of thousands of children orphaned. With the international community and the

Haitian government trying to put the pieces together, the overlapping convergence of corruption, the black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

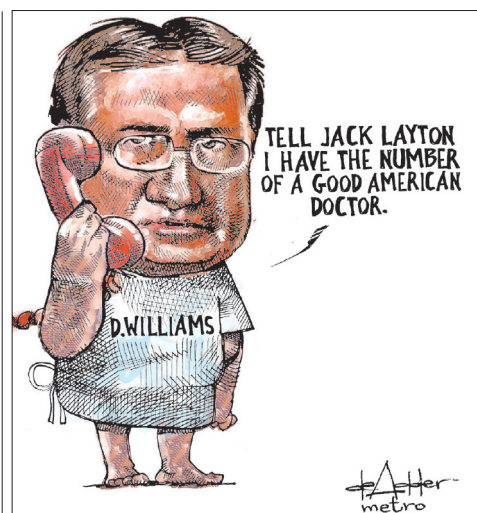
According to the global Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children

following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without government authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest or to

market them off to wealthy families abroad.

Haitians, struck by the catastrophic quake, are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self-determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADRIER

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Xstrata PLC investigation urged

The Canadian Autoworkers Union is calling on the federal and Ontario governments to investigate mining giant Xstrata PLC's reasons for closing its copper and zinc site in Timmins, Ont., in May. **THE CANADIAN PRESS**

9

Business

DOLLAR	GAS	OIL	TSX
 US 93.07¢ US 0.39¢	 US \$5.401 US 11.4¢	 US \$71.89 US 70¢	 11,115.30 107.82

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Real estate fee dive?

Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure

The Competition Bureau has been discussing the matter with the association since 2007, after receiving several complaints, but the CREA has not been willing to make changes, said a spokesman who asked not to be identified.

Lower prices?

- A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from \$99 US to \$500, much lower than in Canada.

Yesterday, the bureau filed an application with the Competition Tribunal seeking to strike down the

CREA's rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges the CREA's rules limit choices for consumers and force them to pay for services they don't want, while stifling market innovation for residential real estate services.

The CREA, represents more than 98,000 real estate brokers, agents and salespeople. If the bureau is successful, it would drive down real estate transaction fees. **THE CANADIAN PRESS**

Chinese firm bids to build Montreal subway cars

TRANSPORT Chinese train company Zhuzhou Electric Locomotive expects to create up to 1,000 new jobs in Montreal if it beats a Bombardier-Alstom consortium bid to build new subway

cars for Montreal's Metro.

The company said yesterday it would assemble the subway cars in a Montreal-area plant to respect the requirement that 60 per cent of the content be Canadian.

Zhuzhou has signed a tentative deal with the owners of the Dominion Bridge facility. The companies expect to build 762 cars in a deal estimated to exceed \$3 billion.

THE CANADIAN PRESS

India Booming business



A worker arranges watermelons at a wholesale fruit market in Hyderabad, India yesterday. India's economic growth will likely hit 7.2 per cent for the fiscal year ending in March.

Wi-Lan to settle Telus lawsuit

TECH Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests in several patents.

Wi-Lan said the suit filed by Telus claimed Telus has an ownership interest over four patents collectively called channel estimation patent. However, Wi-Lan does not believe Telus had any interest in the patents.

THE CANADIAN PRESS

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With its fiscal house in shambles, Greece faces years of pain and sacrifice, with or without a EU bailout. Scan this code for the story.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Hard-hit sectors present buying opportunities

Investing

Allan Small

metronews.ca/investing

Debt fears in places like Greece, Portugal and Spain are scaring markets in North America as well as Asia and South America.

The financial markets today are so intertwined that one nation's problems can be someone else's headache. As with any event, investors need to assess whether the risk is truly a big issue, or if it is something that will be ironed out soon. It is my opinion that the debt issues with countries such as Greece that make up such a small part of global GDP are overblown. If I am correct and this is just a pause on the way to higher markets in the future, where are the bargains right now?

I believe investors should be looking at the sectors in the market that have been hit the hardest by this latest retreat.

The commodities and oil sectors have been hit hard and present some great buying opportunities. Financial companies have

"Good quality companies ... should outperform going forward."

fallen enough that their dividend yields in some cases are now above five per cent once again. The technology sector continues to turn out great earnings as well. Good quality companies in these sectors should outperform going forward and investors who have the ability to take advantage of it will be rewarded.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

Borrowing for RRSPs?

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and/or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not.

My response to the value of RRSP loans is always the same; on paper they can make financial sense but in reality I rarely see any true benefits. In pursuit of avoiding income tax, people invariably fail to look

at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will grudgingly agree that an RRSP loan could put you ahead.

1 If you're going to pay income tax.

A surprisingly number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the

strategy is appealing but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

2 If you don't have other non-mortgage debt.

It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest between eight and 30 per cent.

3 If you're disciplined enough to take the whole tax refund and pay down or pay off the borrowed amount.

Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

4 If you can invest the money wisely.

This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from

Alison's Money Rule:

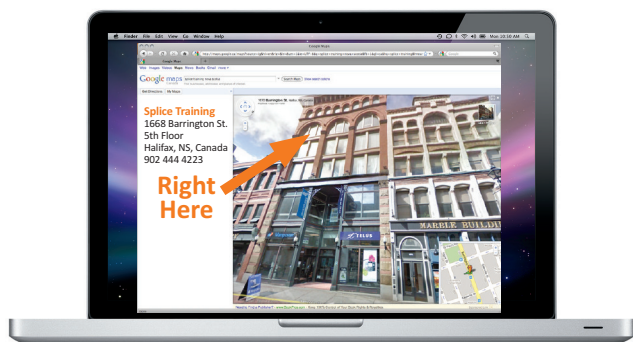
Borrowing to contribute to your RRSP can pay off but there are four ifs you need to satisfy first.

anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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How did workers fare during the recession?

Almost half of all Canadian workers (44 per cent) managed to keep their finances on track despite the recession, according to the eighth Rethink Retirement survey.

Even better, more than one in four (26 per cent) indicated an improvement. However, one worker in three (30 per cent) reported that they are now worse off. The recession appears to have had less of an impact in Quebec, where 53 per cent of respondents said that their situation stayed the same, compared to an average of 44 per cent in the rest of Canada.

Whose financial situation improved? Workers between the ages of 18 and 29 (44 per cent) and respondents whose savings and investments increased or who paid off their debts (40 per cent) saw their situation improve. Full-time workers make up 28 per cent of these people.

Why did things get better for them? When asked why they were now better off, respondents tended to mention a growth in employment income due to:

- Increased salary or raises (19 per cent)
- A better job (promotion, full-time work) (14 per cent)
- Overtime (nine per cent)

Paying off debts to improve their situation.

Eighteen per cent of respondents said that paying off debts (excluding primary residence mortgages) was the first step in improving their financial situation. "I got a promotion, so I was making better money," said one respondent. "Since I didn't have any unforeseen expenses (home or car repairs) I was able to pay off my debts and keep investing in my RRSP."

Budget

Many respondents said that better budgeting was behind their improved financial situation.

Those who saw their debts go up.

Nearly one worker in four (24 per cent) reported debts of \$1,000 or less, but couples with children (20 per cent of respondents) had the most debt: More than \$50,000. Generally, this level of debt is seen among people between the ages of 43 and 52 (20 per cent). Debt for respondents between the ages of 30 and 42 (21 per cent) was between \$25,001 and \$50,000.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Planning for retirement

Q How much should we set aside every year for about 30 years to achieve a post-retirement income of \$50,000?

— Daryl and Kelly

A You will need about \$14,500 annual RRSP contributions for the next 30 years (six per cent return) to expect an after-tax income (tax rate 35 per cent) of \$50,000, says Douglas D. Lamb, CA, CFP, MBA with Spera Financial, a Toronto-based financial planner.

Check last year's notice of assessment; you probably qualify for larger contributions.

It would be worth your time to speak to a financial planner. Lamb agrees, a financial planner takes the time to understand your unique circumstance and help design a financial road map. It is never too early nor too late to start planning.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

NEWS CANADA

Important update from Toyota Canada.

There has been a lot of talk about Toyota. Here are the facts for our customers.

Your safety remains our number one priority:

- In the interest of our customers, Toyota has and will continue to thoroughly investigate concerns related to our products and address issues that are identified.
- We will continue to take appropriate measures to remedy any problems, should they arise, and will notify our customers as quickly as possible.

The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
- Our Dealers are here to service your vehicle, many will be working extended hours.

Toyota vehicles are designed and manufactured with your safety in mind. Our worldwide organization has been mobilized and we are redoubling our efforts to improve and continue to provide our customers with quality products.

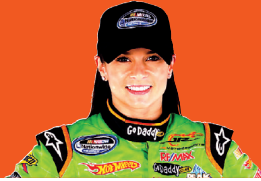
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For the latest information, please visit our updated website at toyota.ca, contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 [1-888-869-6828].



The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. **THE ASSOCIATED PRESS**

Sports



Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Gainey resigns as Canadiens GM

Gauthier takes over the reins as Gainey becomes consultant in Habs front office

Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed with the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted to the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs, and flooded by fans' nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and



Bob Gainey hangs his head at a news conference in Montreal yesterday, announcing his retirement as general manager of the Montreal Canadiens.

it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

"The job of general manager required a vision and a long-term commitment and I didn't want to com-

mit myself now for four, five or six more years.

"If I had to choose between leaving a little earlier, or a little later, I'd prefer (to go) earlier."

The Gainey era ends with a record of 241-176-

46-7 during the regular season, 11-22 in the post-season, and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East,

Enter Gauthier

• Bob Gainey's successor, Pierre Gauthier, was general manager of the Ottawa Senators from 1995 to 1998 and of the Anaheim Ducks from 1998 to 2002, and has served the Canadiens in a variety of roles since 2006.

with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches."

THE CANADIAN PRESS

Cole Harbour pair in running for U.S. award

COLLEGE Two Cole Harbour natives are up for the Hobey Baker award as the best player in U.S. college hockey.

Forward Blake Gallagher

of the Cornell Big Red and goaltender Marc Cheverie of the Denver Pioneers

made the 70-player preliminary list of nominees.

The list will be whittled down to 10 on March 18 and three on April 1.

Gallagher, a former Dartmouth Subways captain, leads Cornell in scoring with 14 goals and 14 assists for 28 points in 22 games as a senior.

Cheverie, a Florida Panthers draft choice, has been downright stingy as a junior with a 15-3-3 record, 1.96 goals-against average and a .935 save percentage.

A fan ballot forms a percentage of the Hobey Baker vote. Fans can vote online at

www.hobeybaker.com.

METRO HALIFAX

Mooseheads rookies on the mend; could play Wednesday

MATTHEW WUEST
matthew.wuest@metronews.ca

RETURNS Right-winger Alex Lemieux and defenceman Steve Gillard are both ready to go for the Halifax Mooseheads.

Both rookies have recovered from injuries this week and could return to the lineup tomorrow at 7 p.m. at the Metro Centre against the Prince Edward Island Rocket.

Lemieux, who has six goals and seven assists in 37 games, has been out since Dec. 27 with mononucleosis.

Gillard, a 17-year-old with a goal and five assists in 45 games, missed the past two games with a shoulder injury.

The return of Gillard leaves in question the status of fellow defenceman Garrett Clarke.

Clarke was benched for the second half of Saturday's win over Cape Breton for his lack of discipline and head coach Cam Rus-



Herd defenceman Steve Gillard has missed the past two games with a shoulder injury.

sell said his return to the lineup against the Rocket will be a game-day decision.

The last-place Mooseheads, 12-37-5, are 10 points behind the Lewiston Maineiacs for the final QMJHL playoff spot. They're seven behind the Baie-Comeau Drakkar.

NFL heads to the great unknown

LABOUR A memorable season capped by a super title game with a record TV audience has NFL executives and fans beaming.

The smiles might soon disappear.

Pro football is headed into the great unknown. Barring a quick — and totally unexpected — agreement with the players' union on a new contract, 2010 will have no salary cap. After that, perhaps a work stoppage, something NFL Players Association executive director DeMaurice Smith puts at "14" on a scale of 1 to 10.

Commissioner Roger Goodell doesn't agree, believing negotiations will lead to a new deal before March 2011, when the collective bargaining agreement expires. But an ac-

"We have to sit at the table and we have to get an agreement that works for everybody." NFL commissioner Roger Goodell

cord before the New Orleans Saints begin defence of their Super Bowl championship in September is unlikely.

The 32 team owners clearly are prepared for a go at the first uncapped season since 1993.

Enough restrictions are in place, including extending the minimum years of service for unrestricted free agency from four years to six, that baseball-like bidding wars are improbable.

With the owners claiming they are losing millions and the players arguing that teams are making

money by the fistful, a common ground will be difficult to find.

"The labour agreement is a very important agreement," Goodell said during his annual Super Bowl week news conference. "It's something that is important to our players. It's certainly important to our clubs, and it's important to our fans."

"We have to sit at the table and we have to get an agreement that works for everybody. And that's what people expect. They want solutions, and that's what we should deliver."

THE ASSOCIATED PRESS

Sports in brief

NBA Indiana Pacers centre Jeff Foster will miss the rest of the season with a back injury. The Pacers announced yesterday that Foster will have

surgery after the All-Star break. He is expected to be ready for training camp in the fall.

NHL The Dallas Stars have acti-

vated centre Mike Ribeiro a month after he injured his throat in a game against the New York Rangers.

METRO NEWS SERVICES

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SCOREBOARD

NHL

YESTERDAY'S RESULTS

San Jose 3 Toronto 2
Philadelphia 3 New Jersey 2
St. Louis at Colorado
Edmonton at Phoenix
Los Angeles at Anaheim

NBA

YESTERDAY'S RESULTS

Orlando 123 New Orleans 117
Dallas at Golden State
San Antonio at L.A. Lakers

PBL

	W	L	PCT	GB
Puerto Rico	8	0	1.000	—
HALIFAX	7	2	.778	1.5
Lawton-Fort Sill	5	2	.714	2.5
Rochester	5	2	.714	2.5
Vermont	2	4	.333	5
Buffalo	3	6	.333	5.5
Manchester	2	6	.250	6
Maryland	2	6	.250	6
Quebec	1	7	.125	7

SUNDAY
Manchester at HALIFAX, 2 p.m.



Estimates of protests grow as Games approach

DEMONSTRATIONS Police are expecting large crowds of protesters to mark the start of the Winter Games later this week, but international Olympic officials say they're not concerned the demonstrations will pose any serious problems.

Anti-Olympic groups are planning a large event in downtown Vancouver to coincide with Friday's opening ceremonies, and others are expected to follow throughout the ensuing 16 days of the Games.

Vancouver police have recently said they expect between 1,000 and 1,500 protesters in the first few days of the Olympics — a significantly larger number than many had previously expected — and protest organizers say they hope to exceed those figures.

But officials with the International Olympic Committee and the local organizing committee, known as VANOC, said they are confident protests will be peaceful and won't cause any major disruptions during the Games.

Gerhard Heiberg, a member of the IOC's executive board, said the committee has always been aware of the potential for protests during the Vancouver Olympics.

"I wouldn't call it concerns," Heiberg, who was also the chairman of the committee that evaluated Vancouver's bid for the Games in 2003, said at a news conference yesterday.

"We have to accept protests and there will be some and fine, let's leave it. We are used to that."

The IOC raised the issue of protests with VANOC during a final briefing on Monday, specifically around what organizers were expecting on the day of the opening ceremonies.

"For us, it's not an issue — we accept protest, we accept people protesting. This is free, democratic freedom of expression," said IOC president Jacques Rogge.

"What we want is no violence and we want the people to respect the laws of the country and then there is no problem."

THE CANADIAN PRESS



Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

New scale for skaters

Previous system scrapped

Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

"You can see a jump that

Skating scandal

• Jamie Sale and David Pelletier were thrust into the international spotlight during the 2002 Winter Games when they were awarded silver medals after a flawless skate. After a judging controversy and an appeal, they were awarded gold along with the Russian skaters

goes up and the speed leading in is amazing, and the position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of one to 10.

THE CANADIAN PRESS

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Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for \$3.50 (right), at kitchenstuffplus.com. **METRO NEWS SERVICES**

Romantize your cakes

Food



Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and Iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A hearty meal

Design a decadent menu for your sweetheart

Rosemary Rack of Lamb

Frenched lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the bones to expose them.

MAKES 4 SERVINGS

INGREDIENTS:

- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan

cheese (25 mL)

- 2 clove garlic, minced
- 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper.

Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.

2. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up, to foil-lined baking sheet.

3. Roast lamb in 425°F

(220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.

4. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

Tip: In fondue use Lindt chocolate



Canadian Living's Rosemary Rack of Lamb.



Chocolate Fondue for Two dessert.

Chocolate Fondue for Two

MAKES 2 SERVINGS

INGREDIENTS:

- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

METHOD:

1. Chocolate Fondue: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.

2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.
3. Garnish with gooseberries (if using). Serve with fondue.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to halifaxletters@metronews.ca or on Twitter @metrohalifax

metro

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Bring sexy back

Attention all guys! If you haven't noticed, Feb. 14 falls on a Sunday this year, which means your Valentine will be expecting a bit more than a card. A weekend Valentine's Day calls for

breakfast in bed, or at the very least something nice to sip on while she opens that great gift you bought her to make up for your lack of culinary skills.

Sparkling wine is your ticket out of the kitchen. But you don't have to stick with a straight forward bubbly. Take a colour cue from the holiday and pop open a bottle of rosé. **Yellow Tail Bubbles Rosé** (\$12.95 - \$13.99) from Australia is all about refreshing strawberry fruit that's not over the top; while **Fresita** (\$13.95 - \$15.99) from Chile comes with real hand-picked strawberries in the wine to pump up the flavour volume.

If you like the idea of something more confectionary, the

chocolatiers at Godiva work some Belgian magic by liquefying their famous **White Chocolate** (\$29.99 - \$31.95) into a decadently creamy, neutral spirit-based, liqueur.

Looking to bring sexy back? **X-Rated Fusion** (\$39.95 - \$47.99) liqueur is a tropical mix of French vodka, blood oranges, mango and passion (the fruit that is).



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Dine Out NS: Feb. 1–11, savour the decadent three-course, prix fixe menus offered by restaurants throughout Nova Scotia during food and wine month!	DINEOUT Dine Out NS Feb. 1–11 	3 Dine Out NS Feb. 1–11 	4 Winter Icewine Festival, Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro Dine Out NS	5 Icewine Festival: Domain de Grand Pré hosts a dessert wine & cheese tasting at Tattingstone Inn, Wolfville Get a Warm Winter's Glow at Blomidon Estate Winery Dine Out NS	6 White Point Seafood Festival: special dinner & overnight packages Icewine Festival: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro 
7 Winter Icewine Festival, Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro Dine Out NS	8 Winter Icewine Festival, Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro Dine Out NS	9 Da Maurizio's Four Course Masi Wine Dinner, Tuesday & Wednesday evening Dine Out NS Feb. 1–11	10 Da Maurizio's Four Course Masi Wine Dinner, Tuesday & Wednesday evening 	11 Brussels Beer Dinner, featuring four delicious courses, beer pairings and live music Dine Out NS Feb. 1–11	12 DECADENCE Indulge at Decadence, a feast of chocolate, wine & cheese at the Marriott Halifax Harbourfront Hotel 	13 Valentine's Weekend Dinner & Dance at White Point, Feb. 12–14 Valentine's Dinner Special at Trendz Café & Wine Bar, Feb. 12–14
14 Oceanside VIP Valentine's Getaway at White Point, Feb. 12–14 	15 	16	17 Dutty Nelly's 3-course Irish Beer Dinner, featuring the flavours of the Emerald Isle 	18 Enjoy Pinot & Popcorn at a showing of the hit movie Sideways 	19 SECOND ANNUAL Rare & Fine Wine Tasting 2nd Annual Rare & Fine Wine Tasting at Windows 	20 Delta Hotels host a West Coast Food & Wine Experience On The Rocks overnight packages at White Point
21/28 Oysters & Sauvignon, featured all month long at Onyx and Cut Steakhouse 	22 Oysters & Sauvignon, featured all month long at Onyx and Cut Steakhouse 	23 	24 Oysters & Sauvignon, featured all month long at Onyx and Cut Steakhouse	25 Savour food & wine Show at the Marriott Halifax Harbourfront Hotel 	26 Oysters & Sauvignon, featured all month long at Onyx and Cut Steakhouse	27 

This calendar represents just a small sample of fabulous events; visit eDining.ca and click on the **Savour** logo for more events and details.

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WTCC Halifax

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

The Internet and depression

MENTAL HEALTH Caught in the Net? People who are obsessed with the Internet are more likely to become depressed, according to a new study in the U.K.

Instead of having real-life friends, most of their social interaction occurs through online chat rooms and social networking sites. People can become addicted to gaming and browsing sexually gratifying websites. How to tell if you have an Internet addiction? Like any other addiction, such as alcohol, the behaviour is a problem when it interferes with everyday life.

"While many of us use

the Internet to pay bills, shop and send emails, there is a small subset of the population who find it hard to control how much time they spend online, to the point where it interferes with their daily activities," says Dr. Catriona Morrison from the University of Leeds.

People with Internet addictions had higher rates of depression — and sometimes severe depression — than non-addicted people. The study surveyed 1,319 people from age 16 to 51, and found 1.2 per cent were Internet addicted.

CELIA MILNE/FOR METRO CANADA

Playing soccer helps to kick high blood pressure

CELIA MILNE
for Metro Canada

Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active.

When tested three months later, the soccer-playing group had improved their health far more than the other group.

They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krstrup told Metro. He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.



Burst of high-intensity exercise, like playing soccer, helps to control high blood pressure.

"Our advice is to participate in vigorous intermittent physical exercise. If not (soccer), perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Peter Krstrup, lead author and Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen

Krstrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease.

Because there are no

symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training

activities are a great way to improve health.

Another Danish study showed beneficial effects of interval uphill walking for heart failure patients.

And Krstrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

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Heart aches

Just over one-third of Canadians live too far away from a specialized hospital to get the best available treatment for a heart attack, suggests a new University of Calgary study. But its authors argue that number is good for a vast country where many people don't live near cities. **THE CANADIAN PRESS**

health & beauty 17

Valentine's Day cynicism is a cop out

It doesn't have to be a day devoted to commercialism

The J Spot

Josey Vogels

metronews.ca/thejspot

Apparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all too common.

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure.

And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product.

"Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, 'Hey, you're really special to me and I'm glad you're in my life.'"

How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red.

I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly expressed once a year with a heart-shaped box of candy or a

they cancel Valentine's Day, they might as well cancel Christmas.

And, as with Christmas, you can choose whether or not to get caught up in the commercialism.

For me, Christmas is less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry.

Similarly, Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life."

And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad

strawberry recipe iPhone app. But "gathering a large amount of sympathetic malcontent together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out.

This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if

you're in my life." Happy Valentine's Day.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Study: Autism risks higher in children of older mothers

PREGNANCY A woman's chance of having a child with autism increase substantially as she ages, but the risk may be less for older dads than previously suggested, a new study analyzing more than five million births found.

"Although fathers' age can contribute risk, the risk is overwhelmed by maternal age," said University of California at Davis researcher Janie Shelton, the study's lead author.

Mothers older than 40

were about 50 per cent more likely to have a child with autism than those in their 20s; the risk for fathers older than 40 was 36 per cent higher than for men in their 20s. The new research suggests the father's age appears to make the most difference with young mothers. Among children whose mothers were younger than 25, autism was twice as common when fathers were older than 40 than when dads were in their 20s.

THE ASSOCIATED PRESS

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Unique Gift Ideas for Valentine's Day

- If you'd like to do something special for your sweetie, I've included some unique Valentine's Day gift ideas in my Sexcetera blog at metronews.ca

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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go beyond the beach

RAFAEL BRUSILOV
for Metro Canada

Reading Week is almost here, and as most students can attest, actual reading is pretty much the last thing on their to-do lists.

While the usual beach-hopping antics are standard fare over Spring Break, why not try something a little different (and cheaper)?

Whisk away to a winter wonderland

Camping isn't just for the summer months, especially for couples hoping to get cuddly in the snow, or nature lovers looking for a chance to experience ultimate serenity. Check the Parks Canada website (pccamping.ca) for a list of all

campgrounds in your province that are open in the winter. Popular year-round parks include: Kootenay in British Columbia, Bruce Peninsula in Ontario, Terra Nova in Labrador, and Prince Albert in Saskatchewan.

Give a little

Volunteering is not only a great way to help your community and have life-changing experiences along the way, it can also be a crucial part of your personal growth as a person — and isn't that why you're going to school in the first place? Visit the Volunteer Canada site at volunteer.ca for a list of organizations that need volunteers in your part of Canada. The site also has a wealth of resources about

how to get started volunteering.

Get moving

Raising your marks is a great thing, but too often it can mean gaining a little extra around the mid-section.

All that sitting at desks and computers and indoor hibernating during the winter term is bound to catch up with you, so why not use your break to start up your exercise regimen? Many gyms and fitness clubs are still in the throes of their New-Year rush and are eager to offer deals and discounts, while winter sports equipment starts to get discounted around this time of year as well. Hop out for a few days of skiing or hit the gym a couple of times to give your fitness a kick-start.



Actual reading is the last thing on many students' to-do lists during Reading Week.

Hit it big

Got a penchant for sculpture, a knack for writing jokes or mad skills for fixing computers? Maybe it's time to take your marketable hobbies and use them to start a small business. Scout out some contacts and try to focus on work you can do in off-

hours once classes start up again. But don't try to overwork yourself — a few extra bucks for proofreading papers or selling your architectural renderings can go a long way and put you on the road to entrepreneurialism. Visit servicecanada.gc.ca for helpful info on how to get started.

NSCAD looks to teach artists about money

RICHARD WOODBURY
for Metro Halifax

There's a new course at NSCAD University that doesn't fit in with the traditional courses offered at the school. It's called Financial Management for the Arts and it allows artists to learn about the business side of running arts organizations, artist-run centres and even their own practices.

"It's really about giving arts administrators who may have come through a BFA (Bachelor of Fine Arts) program a real concrete grounding in the nuts and bolts of what it means to be an administrator," says Joann Reynolds-Farmer, the program co-ordinator for the School of Extended Studies at NSCAD.

"BFAs haven't gone through any economics courses or any kind of statistics courses that you would (normally take) in any regular undergraduate degree," she adds. "Most of the focus when you're doing a BFA is the practice of art-making and the concept of art making."

This means students aren't usually well prepared for the business side of things.

"So when you graduate and you go looking for a job, it can lead you to a multitude of areas, but if you end up in artist-run centres or galleries or even just as an artist who is freelancing, you need to know, 'How do I manage my finances? How do I manage fundraising? How do I manage marketing?'" says Reynolds-Farmer.

The course is co-taught between someone who formerly ran an artist-run centre and an accountant.

"The accountant will come in for three of the eight classes and give students the nuts and bolts of what income tax things they need to consider," says Reynolds-Farmer.

Other topics to be explored include grant writing as well as what happens if you get funding from an external agency.

The course is a required one for the school's new Certificate in Arts Administration. Students will have two years to complete six courses.

Saint Mary's students heading to Belfast schools

RICHARD WOODBURY
for Metro Halifax

Sixteen Saint Mary's University students heading to Belfast will find themselves in unfamiliar territory.

"There's an acceptable level of violence in Northern Ireland that we would find totally unacceptable, you know pipe bombs a couple times a week, kneecappings," says Bridget Brownlow, the co-ordinator of the trip, who is also the

conflict resolution adviser at Saint Mary's.

She still finds it shocking to see a city in the United Kingdom divided on the basis of religion, despite having travelled to Belfast four previous times.

It will be an eye-opener for students as well. They will meet children who have never met children from outside of their communities, children whose parents are active in paramilitary groups, as well as children whose parents

have been murdered.

"They're stepping into a post-conflict society, a society where, to the greater degree, a lot of weapons have been decommissioned, but the damage of 40 years of violent conflict is still very much evident," says Brownlow.

The students will be there to visit Catholic, Protestant and integrated schools to offer conflict resolution workshops.

The 16 students participating must apply for the

program and have strong academics, experience working with youth and the trip must have relevance to their area of study.

"The conflict in Northern Ireland allows for students to participate from a wide range of different academic backgrounds," says Brownlow.

Students also have to fundraise close to \$40,000 to participate.

Before leaving for Belfast, the students receive training in basic conflict resolu-

tion skills and have practiced their skills by facilitating workshops at Oxford School.

After the trip, students have to complete a report about the experience.

"Just the act of spending time with the children who were fascinated by the different type of normalcy that occurred in Canada compared to Northern Ireland deeply affected my outlook," wrote Sarah Louise Horne, a student from last year's trip.

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Levi is a Playgirl

Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. PEOPLE.COM

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Wedding bells

Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. FEMALEFIRST.CO.UK

Music heals a broken heart

ROB MCMAHON
for Metro Canada

Contented Valentine's Day lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

The Rolling Stones: Just My Imagination from Some Girls (1978) The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection. Mick Jagger's daydreams of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards' stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

The Sound of the Smiths (2008) This two-and-a-half-hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting alone in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now and How Soon Is Now.

The Magnetic Fields: Mr. Mistletoe from Distortion (2008)

Christmas is over, and you're still alone. What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy hazy of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging every-

where, but you no longer care".

Sky: She's Some Kinda Wonderful from Piece of Paradise (1999)

The spring is coming, the flowers are blooming, and young lovers stroll. You've just eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful, she makes a mean steak and she's an eye-ful." You run to the nearest shrubbery and unload.

The Format: Dog Problems (2006)

OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in. Spring is here, and it's getting boring.

Throw on this brilliant indie-pop concept album for a smart, sincere journey from relationship gutter to stars. Heart-break and sarcasm — and stories of how dogs can scuttle relationships — have never sounded so damn upbeat.

The Rolling Stones' Mick Jagger.



WEEKLY REWARDS

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Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. **METRO NEWS SERVICES**

NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER
for Metro Canada



With James Cameron's state-of-the-art immersive epic *Avatar* endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Oboler's *Bwana Devil* in the 1950's, the second with such split stereoscopic fare as *Jaws 3-D* and *Comin' at Ya* in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short, strange, eccentric home-grown works off their website that, with the aid of spe-

cial decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized system used in the theatres to make *Avatar* literally come to life) to illustrate their illusions,



Facing Champlain is one of the 3-D films available on nfb.ca.

Falling in Love Again, complete

er; Drux Flux, an abstract piece of eerie surrealism whose



winning films by Norman McLaren in 1951 and then the world's first 3-D IMAX film in 1986. These latest experiments are to test the user experience of 3-D technologies on computers and handheld devices. The response has been remarkable."

some of the 3-D films the NFB is offering include the animated romance

with rearing cars and floating clouds thrust at the view-

strange, steam-punk illustrations look fantastic in any dimension and Facing Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

Jackson's doctor charged

LEGAL Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."



The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

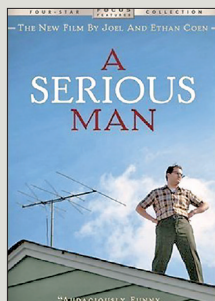
"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

Way to 3-D

To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

DVD picks



A Serious Man

Directors: Joel Coen, Ethan Coen

SURE TO BEFUDDLE casual Coen Brothers fans even as it delights the faithful, *A Serious Man* is a wicked turn into existential absurdity after the straight screwball

antics of *Burn After Reading*.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving student.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden

days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bumper Summer of Love. Or does it? One thing is entirely clear.

A Serious Man is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: Becoming Serious. Creating 1967 and Hebrew and Yiddish for Goys.

The Time Traveler's Wife

Director: Robert Schwentke
A FILM THAT belongs to



the realm of romantic fiction where hoochie-coochie meets hocus-pocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As

young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, *The Time Traveler's Wife* works as affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette *Time Traveler's Wife: Love Beyond Words*.

Peter Howell/for Metro Canada

Cyrus auction

Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. **TVGUIDE.COM**



Dance pop blueprint

Yeasayer surprises many by embracing new sound

CAM LINDSAY
for Metro Canada

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Paredes from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his band-

mates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to create pop music for a museum exhibit?"

It's an unorthodox question but also a fairly accurate description of their



Odd Blood is the new album from Brooklyn's Yeasayer.

appropriately titled second album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

Sticking with dance music culture's relationship

with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the ap-

proach was to give the listener options.

"We put these more conventional pop songs to-

wards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs."

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'"

Yeasayer's new album Odd Blood is out today

Yay! metro's kooolest

The Best Halifax has to Offer

Metro News and 96.5 Kool FM want YOU to weigh in on the city's coolest places to eat, party, shop — you name it! Go to metronews.ca or kool965fm.ca to register your choice for this month's category: **Metro's Kooolest Family Doctor!** One lucky player will win a prize pack valued at over \$100!



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KOOL
96.5 FM



For February 8th
Hedley - Don't Talk To Strangers
Boys Like Girls - Two Is Better Than One
Black Eyed Peas - Imma Be
Jason Derulo - In My Head
Girlicious - Over You
Young Money Ft Lloyd - Bedrock
Drake Ft Kevin Cossom - I Get Paper
Justin Bieber - Baby
Ke\$ha - Blah Blah Blah

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/9/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Lost "LA X (Part 2)"	Lost "LA X (Part 2)"	Lost "What Kate Does"	the forgotten	
	7	7	7	ASN The Road to Avonlea	Degrassi: Next	TMZ (N)		Kids in Hall Comedy	CBC News: The National	The Hour	The Listener	
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	NCIS: Los Angeles (N)	Trauma (N) (SC)	Le Téléjournal	
	2	2	2	CBC-F Pyramide (SC)	Union-force	Wheel Fortune	Jeopardy! (N)	NCIS "Jack Knife" (N)	NCIS: Los Angeles (N)	La Promesse (HDTV) (N) (SC)	The Good Wife	
	32	32	32	CBS WBZ News (N)	Evening News	Le Cercle (SC)	La Factice	NCIS "Jack Knife" (N)	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	TVI nouvelles	
	69	69	69	CFMT TVA nouvelles	Le Cercle (SC)	La Factice	La Factice	American Idol (HDTV) (N)	Lost "What Kate Does"	Community Matters	CTV News	
	6	6	6	CIHF Entertainment	ET Canada	The Good Wife "Hi" (N)		Podium TV	American Idol (HDTV) (N)	Community Matters		
	9	9	9	CJCH etalk	Access H	Law & Order		American Idol (HDTV) (N)	Podium TV	Community Matters		
	10	10	10	ELTV (6) EastLink Television				American Idol (HDTV) (N)	Podium TV	Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	Podium TV	Community Matters		
	12	12	12	NBC News (N)	NBC News	Access H	Extra (N)	The Biggest Loser Olympic training facility (N)	Podium TV	Community Matters		
	29	29	29	NW (6) Power & Politics	Connect Today's biggest stories (N)	Greater Boston	Maria Hinojosa	NOVA (HDTV) (N)	NOVA (HDTV) (N)	NOVA (HDTV) (N)		
	4	4	4	PBS-B PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	NOVA (HDTV) (N)	NOVA (HDTV) (N)	NOVA (HDTV) (N)		
	35	35	35	PBS-D PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	NOVA (HDTV) (N)	NOVA (HDTV) (N)	NOVA (HDTV) (N)		
	68	68	68	TOS Guerre clans	Oncle Charlie	Rire et délire		Dirty Sexy Money (SC)	Dirty Sexy Money (SC)	Pratique privée (SC)	Guerre clans	
	22	22	22	BNN Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play	Business News	
	18	18	18	CNN (6) The Situation Room with Wolf	Blitzer (N)			Campbell Brown (N)	Campbell Brown (N)	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	Golf	Golf	Destination	Haney Project	
	52	52	52	RSE Connected W-Prime Time	Overnight	NHL Hockey Calgary Flames at Ottawa Senators (HDTV) (Live)		Court Surfing NBA news, scores and highlights.	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Daytona	
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.	Countdown to Daytona (HDTV)	Countdown to Daytona (HDTV)	Daytona	
	45	45	45	SPD NASCAR Best	NASCAR Hub	Pass Time	NASCAR Hub	NHL Hockey Detroit Red Wings at St. Louis Blues (HDTV) (Live)	Overruled!	Wizards-Place	Latest Buzz	
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	Interruption	NHL Hockey Detroit Red Wings at St. Louis Blues (HDTV) (Live)	Overruled!	Wizards-Place	Latest Buzz	
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	
	26	26	26	TREE The Wonder	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	
	27	27	27	YTV iCarly	Drake & Josh	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)	Psychic Kids: Paranormal	Psychic Kids: Paranormal	Paranormal	
	70	70	70	APTN APTN News	Cooking-Wifem	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	
	50	50	50	BET 106 & Park: BET's Top 10 Live				Bringing Down the House ** (2003, Comedy) Steve Martin	Comedy Steve Martin	Michael Vick	Opera Under	
	37	37	37	BRVO Emily of New Moon		Montreal Jazz Festival		Live at the Rehearsal Hall	Reba	According-Jim	Home Improve.	
	25	25	25	CMT Shaye: This Is It		Amer. Funniest Home Videos		Reba	Reba	According-Jim	Home Improve.	
	49	49	49	COM Missing Link Near-death.		Air Force	22 Minutes	Comer Gas	Name Is Earl	The Simpsons	South Park	
	153	153	153	COURT Just for Laughs		The Investigators		Cops Uncut	Dumb Criminal	Struggle for Justice	Investigators	
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	License to Drill	
	46	46	46	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing (N)	Bang, Buck	Genevieve	House Hunters	
	34	34	34	HIST Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld	Pawn Stars (N)	Pawn Stars (N)	Ancients-Badly	
	17	17	17	MM Secret Life of American Teen		America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	My Date With...	Muchmusic Countdown	
	19	19	19	mmtop10.ca		The Daily Fix		Ranked!	Hammerite	Gimme Sugar	Entourage	
	201	201	201	M1 (6:35) Amal (2007, Drama)		(8:25) Diminished Capacity (2008)		Milk *** (2008, Biography)	Operate-Repo	Operate-Repo	Ghost Hunters	
	23	23	23	OLN Mantracker		Ghost Hunters		Destination Truth	House-Payne	House-Payne	Ladder 49	
	51	51	51	PEACH Friends	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Ladder 49	
	206	206	206	PIX (6:15) The Bourne Identity (2002)		(8:20) Inferno ** (1999, Suspense)		Grands reportages (SC)	A Sister's Secret (2009, Suspense) Alexandra Paul	Le Téléjournal (SC)	RDI économie	
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)	A Sister's Secret (2009, Suspense) Alexandra Paul	Le Téléjournal (SC)	RDI économie	
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	
	40	40	40	SLICE What Happen?	Wedding SOS	Rich Bride Poor Bride		Star Trek: Voyager	Medium (HDTV) (N)	Fringe	ADN	
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		UFC Unleashed	UFC Unleashed	UFC Unleashed	Blue Mountain	
	14	14	14	SPIKE CSI: Crime Scene Investg.		UFC Unleashed		UFC Unleashed	UFC Unleashed	UFC Unleashed	Blue Mountain	
	57	57	57	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show		
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Little Couple	Little Couple	Cake Boss	Cake Boss	19 Kids-Count	19 Kids-Count	
	56	56	56	34 TROP End of Leash	Bootcamp	Parking Wars	Parking Wars	Rescue Ink	Dog Whisperer	End of Leash	ADN	
	20	20	20	TVS Que-champion	Journal de Fr2	Zoom animal		Decouvrir le monde	Parlir autrement	Quantum Leap (Part 1 of 3)	Unscripted	
	28	28	28	V Just Cause "Pilot"		Murder, She Wrote		Hallelujah!	When I Laugh	The Closer "Aftertaste"	Cold Case	
	68	68	68	V VIVA Da Vinci's Inquest		Cold Case		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	
	22	22	22	W House-Sell	House-Sell	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV)	Melrose Place "Ocean"	WGN News		

critics' corner

Style by Jury
Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner and the rest of the makeover team, but they rise to the occasion beautifully and give Tammy a dramatic transformation in this new episode. 10:30 PM on W



The Good Wife
As Alicia (Julianne Margulies) defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's (Chris Noth) appeal and his potential homecoming in the new episode "Hi." Christine Baranski, Josh Charles, Archie Panjabi and Matt Czuchy also star; James McDaniel ("NYPD Blue") guest stars. 8 PM on CHF; 11 PM on CBS

The Biggest Loser
The contestants head to Colorado to train at an Olympic training facility, where they are welcomed by paralympic athlete Allison Jones and learn the game is going from teams to singles. Olympic skiers Julia Mancuso and Jeret "Speedy" Peterson help train the contestants. After a biathlon challenge, two more players are sent home. Skaters J.R. Celski and Rockne Brubaker also appear. 9 PM on NBC



Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. **METRO WORLD NEWS**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk
with Lainey Lui

KRISTEN STEWART. Kristen Stewart is most famous for playing the mooning angst-lovesick girl in love with a vampire in *The Twilight Saga*. Her romance with co-star Robert Pattinson has become an obsession among *Twilight* fans the world over. Stewart however is a Hollywood veteran with an impressive pre-*Twilight* résumé that includes films



with Jodi Foster and Robert DeNiro. Here are three things you might not know about Kristen Stewart:

ONE Her favourite book is John Steinbeck's *East of Eden*. Her dream is to play Kate, a woman who abandons her children to run a brothel.

TWO Stewart and Joan Jett are very good friends. Jett has said herself that Stewart's portrayal of her in the upcoming biopic *The Runaways* is impressively uncanny.

THREE Stewart landed the role of Bella in *Twilight* on the recommendation of fellow actor Emile Hirsch with whom she worked in Sean Penn's adaptation of *Into the Wild*.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



Gaga 'saved' by aunt's spirit

ELECTRO-ANGEL Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, female-first.co.uk reports. The eccentric star has revealed her life spiralled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized

she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always *The Cure*.

I would lock myself in

my room and listen to *Never Enough* on repeat while I did bags and bags of cocaine.

"But then I realized my father's sister Joanne ... had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

METRO NEWS SERVICES



Alba and Lohan BFFs?

THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS Just shy of their two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to, people.com reports.

"Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of *Cosmopolitan* for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

METRO NEWS SERVICES



'Lots of sex' in new Pattinson movie

AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE. Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie *Bel Ami*, female-first.co.uk reports.

The *Twilight* actor gets hot and steamy with the screen beauty in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturbing," he said. "Her character Madeleine kind of uses sex as a

sort of weapon and my character thinks like an animal.

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

METRO WORLD NEWS



Kardashian reacts to Saints' Superbowl win

NOW WE CAN ADD FOOTBALL ANALYSIS TO HER IMPRESSIVE LIST OF NON-TALENTS It turned out to be one Super Sunday for Kim Kardashian and her Super Bowl-winning beau Reggie Bush, of the victorious New Orleans Saints, people.com reports.

"I am so proud of Reggie and the Saints," an overjoyed Kardashian told People. "New Orleans

deserves this — it's such a huge accomplishment."

Kardashian made the Miami trip a family affair, bringing along mom Kris Jenner and brother Robert. The Saints' stunning 31-17 win over the Indianapolis Colts was the perfect ending to a long road that Kardashian witnessed firsthand. "Reggie has waited his whole life for this moment. It came and they conquered."

METRO WORLD NEWS



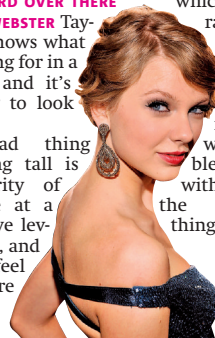
Swift 'too tall' to date most guys

SEE? SHE'S EVEN MAKING POOR EDWARD OVER THERE LOOK LIKE WEBSTER Taylor Swift knows what she's looking for in a boyfriend, and it's not having to look down.

"The bad thing about being tall is the majority of people are at a different eye level than you, and so you feel like you're looking

down to talk to people, which is kind of unnatural," the 5'11" singer tells *OK! Magazine*. But being short-boyfriend, and it's not having to look down. "The bad thing about being tall is the majority of people are at a different eye level than you, and so you feel like you're looking

METRO WORLD NEWS

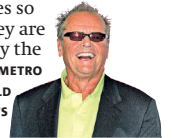


Jack's got his burial plotted out

WHY STOP THERE, JACK? I HEAR THERE'S A VACANCY ON MT. RUSHMORE Jack Nicholson isn't planning on kicking the bucket anytime soon, but he's already thinking about what he wants to happen to his body once he does.

"I've had several ideas. Once I thought it would be nice to be buried under a large statue that is at least ten meters high," Nicholson tells Germany's *Tele 5*. "Then I liked the nature of the Indians who haul their bodies up into the trees so that they are eaten by the birds."

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

SEAN "DIDDY" COMBS is tired, **LINDSAY LOHAN** is debunking tabloid reports, **AMANDA BYNES** is trying not to alienate anyone, and **LILY ALLEN** returns to Twitter.

@iamdiddy I haven't slept in 78 hrs. I'm going sleep now @lindsaylohan I've never asked for a jet. With a bed on board to go to vienna hahahaha

@amandabynes oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate

@lilyroseallen hello, I'm back.

METRO WORLD NEWS



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bread

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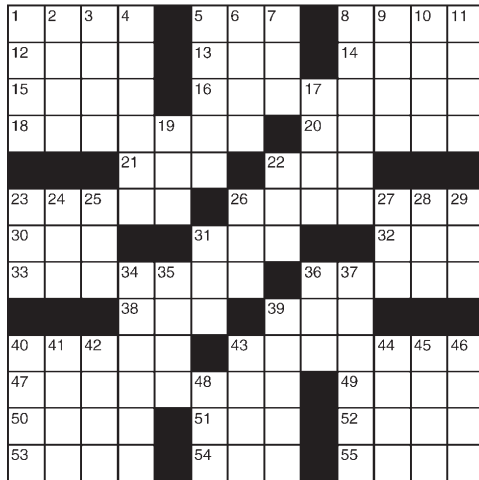
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- 5 Possess
- 8 Engrossed
- 12 Minimal change
- 13 Actor McBride
- 14 Shrek is one
- 15 Bloodhound's clue
- 16 Rowing team's commander
- 18 Harmful
- 20 Contract's conditions
- 21 Christmas tree, often
- 22 Thesaurus wd.
- 23 Judge's prop
- 26 Steve Martin's take on the Cyrano story
- 30 Praise in verse
- 31 Whatever number
- 32 Scull tool
- 33 Blood poisoning
- 36 Fencing move
- 38 Disencumber
- 39 Corral

- 40 Polygon calculations
- 43 Bill Amend's comic strip
- 47 Sports-page summary
- 49 — tat-tat
- 50 Actress Falco
- 51 Ows
- 52 "Do — others ..."
- 53 Reply to "Shall we?"
- 54 Pigs' digs
- 55 Hollywood clashers

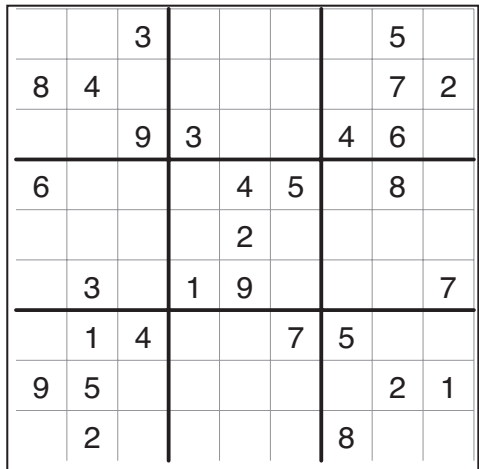
DOWN

- 1 PC picture
- 2 Start over
- 3 Kentucky fort
- 4 Discard
- 5 Happen
- 6 "Knock, knock, — there?"
- 7 Put the kibosh on
- 8 Ivanhoe's love
- 9 Culture medium
- 10 Stiffly neat
- 11 Sawbucks
- 17 Charon's river
- 19 Lubricate
- 22 Sauce source
- 23 Obtained
- 24 Commotion
- 25 Irritate
- 26 Genetic messenger
- 27 Opposite of "oui"
- 28 Kvetch
- 29 Before
- 31 Help
- 34 Obliterates
- 35 Catchall abbr.
- 36 Superman foe
- Luthor
- 37 False
- 39 Sentimentalized writings
- 40 First victim
- 41 Took the bus
- 42 Egress
- 43 "Animal House" group
- 44 Pealed
- 45 Director Pre-minger
- 46 New Mexico art colony
- 48 Surprise cries

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

GAMS	TIP	ABLE	4	7	5	9	3	1	2	8	6
UTAH	YMA	SEAL	2	3	8	6	7	5	4	1	9
ROSY	MARTI	ANS	1	6	9	4	8	2	3	7	5
UPKEEP	ENTREE		3	8	2	1	5	4	6	9	7
MARTINI	SKREW		9	1	7	3	6	8	5	2	4
ICE	CUSPS	LIKE	5	4	6	7	2	9	8	3	1
DEFT	MARTINET		8	9	1	5	4	3	7	6	2
ERA	LIAR		6	5	3	2	1	7	9	4	8
SPRUNG	TROPIC		7	2	4	8	9	6	1	5	3
MARTINEZ	NASA										
OPAH	AVE	ITILL									
GALS	WAR	CHEF									

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Mediterranean Burgers

INGREDIENTS:

- 1/2 lb (250 g) lean ground pork
- 1/2 lb (250 g) lean ground beef
- 2 cloves garlic, crushed
- 2 tbsp (25 ml) pine nuts, finely chopped
- 8 sun-dried tomatoes, chopped
- 2 tbsp (25 ml) fresh basil, chopped
- Black pepper to taste
- 4 hamburger buns

GARNISH:

- 4 cherry tomatoes, thinly sliced
- Salad greens of your choice

METHOD:

1. Mix ground pork and

beef with garlic cloves, pine nuts, sun-dried tomatoes and basil. Season with black pepper. Divide mixture into four and shape into burgers.

2. Broil or barbecue 10-12 minutes or until golden brown, turning once. Put patties onto buns along with some greens and sliced tomatoes, then serve with salad.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.



TAURUS
APRIL 21-MAY 21
You may not be able to do as you please today but if it forces you to look for cheaper solutions it must be a good thing.



LIBRA
SEPT 23-OCT 23
You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.



SCORPIO
OCT 24-NOV 22
Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.



GEMINI
MAY 22-JUNE 21
If one of your more cherished opinions is challenged today, make sure you defend it all the way.



SAGITTARIUS
NOV 23-DEC 21
Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.



CANCER
JUNE 22-JULY 22
What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.



CAPRICORN
DEC 22-JAN 20
You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.



LEO
JULY 23-AUG 23
Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.



AQUARIUS
JAN 21-FEB 18
You know what is going to happen next. You have been through similar scenarios to this one many times in the past.



VIRGO
AUG 24-SEPT 22
The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.



PISCES
FEB 19-MARCH 20
There may be many explanations to what is going on in your world at the moment, but only one of them rings true.



This day in history

- 1943: Second World War: Allied authorities declare Guadalcanal secure after Imperial Japan evacuates its remaining forces from the island, ending the Battle of Guadalcanal.
- 1950: Second Red Scare: Senator Joseph McCarthy accuses the United States Department of State of being filled with Communists.
- 1964: The Beatles make their first appearance on The Ed Sullivan Show, performing before a "record-breaking" audience of 73 million viewers.
- 1971: Apollo program: Apollo 14 returns to Earth after the third manned moon landing.

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*Taxes & other fees
(including service charges): \$297



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